



Strong Foundations in Mental Health  
for Social & Emotional Well-Being



NATIONAL CENTER ON  
Early Childhood Health and Wellness

# Strong Foundations in Mental Health for Social and Emotional Well-Being Newsletter

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## What's New in Infant and Early Childhood Mental Health Consultation? (IECMHC)



**H**ead Start and Early Head Start have a long-standing commitment to IECMHC and the positive outcomes it supports at the child, family and program levels.

*ECMHC is a prevention-based service that pairs a mental health consultant with families and adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, and their home. The aim is to build adults' capacity to strengthen and support the healthy social and emotional development of children—early and before intervention is needed.<sup>1</sup>*

The Head Start Program Performance Standards require IECMHC in all program models and outline requirements for how a mental health consultant must collaborate with staff and families to promote positive mental health and reduce suspensions and expulsions. Working collaboratively with program staff and families, mental health consultants can assist programs to implement a continuum of strategies including prevention, early identification and intensive interventions to support children and families. IECMHC is also an effective component in the elimination of preschool expulsion.

This issue highlights new resources to enhance collaborative partnerships with IECMH consultants.

<sup>1</sup> Retrieved from <https://www.samhsa.gov/iecmhc/about> July 27, 2017.



## Policy

### [Head Start Program Performance Standards 1302.45 Child Mental Health and Social and Emotional Well-being.](#)

This section of the HSPPS outlines what a program must do to promote and support a culture of wellness including outlining key role that mental health consultants play.

### [Showcase of Head Start Regulations: Health](#)

In this overview on Health Services, Marco Beltran and Sangeeta Parikshak describe the Head Start Program Performance Standards (HSPPS) related to health, nutrition, mental health, and safety.

## Understanding IECMHC

### [Crosswalk of Infant Early Childhood Mental Health Services – 2017](#)

Review this resource to learn more about the unique role that IECMHC plays along with other services focused on young children's mental health.

### [Early Childhood Mental Health Consultation: Policies and Practices to Foster the Social-Emotional Development of Young Children](#)

This resource provides an overview of ECMHC, current issues in the field, and possible future directions. The paper also provides a snapshot of current programs across the nation and highlights some of the challenges and innovations that are shaping the field

### [Glossary and Definitions for IECMHC – 2017](#)

This resource defines terms frequently used throughout the IECMHC Toolbox and in the IECMHC field.

### [May 2016: What is Infant and Early Childhood Mental Health Consultation?](#)

Infant early childhood mental health consultation is an emerging effective strategy for supporting young children's social and emotional development. Take a look at this issue of the Mental Health Services newsletter that explores Head Start's commitment to IECMHC. .

### [Center for Early Childhood Mental Health Consultation](#)

The Center gathers in one place a wide range of materials that address the needs of HS staff and families for practical guidance on effective ways to implement IECMHC, promote young children's social and emotional development, and reduce challenging behaviors.

### [Project LAUNCH](#)

The National Resource Center for Mental Health Promotion and Youth Violence highlights how Project Launch grantees have implemented numerous IECMHC models in their communities.

## The IECMHC Workforce

### [IECMHC Condensed Grid of Qualifications](#)

This resource provides a compact overview of the qualifications needed for workforce development at the consultant, program, and state levels.

### [Infant and Early Childhood Mental Health Consultation: Competencies – 2017](#)

These comprehensive standards are based on a national consensus about the foundational knowledge, skills, and abilities of infant and early childhood mental health consultants. These standards apply in the early care, education, and home visiting settings, along with other early childhood settings such as pediatric offices and homeless shelters.



## Qualifications of an Infant and Early Childhood Mental Health Consultant

Review this resource to learn more about the qualifications that consultants should possess, as well as factors that programs should consider when hiring consultants.



## **Multimedia Resources**

Check out these new multimedia resources focused on infant/early childhood mental health consultation

### The Mental Health Consultation Tool

Explore this interactive module about the role of IECMHC. It is divided into lessons with scenarios and video clips. Each lesson has its own resource area designed to provide extensive support about IECMHC. Revisit it as needed to gain a better understanding of your role as a mental health consultant.

### Infant and Early Childhood Mental Health Consultation and the Center of Excellence

Watch the following video highlights from a webinar presented on 4/27/17. This video defines IECMHC, outlines its history, importance and impact, delineates the key messages, and highlights the work of the Center of Excellence.

### The CoE for IECMHC Toolbox: An Introduction for Early Care and Education Programs and Providers

Watch the following video highlights from a webinar presented on 5/23/17. The webinar introduces viewers to the IECMHC Toolbox and discusses resources that support the early childhood field.



## MyPeers: A Collaborative Platform for the Early Care and Education Community

MyPeers is an online social and learning network for Head Start and Early Head Start program staff and partners to dialogue and share thoughts. This is a virtual community for exchanging ideas, sharing resources, and lending support to the early childhood community. Currently, the NCECHW have the following open communities on MyPeers:

- Child Care Health Consultants
- Health, Safety and Wellness
- I am Moving I am Learning (IMIL)
- Staff Wellness
- and two state-specific early childhood health communities for Oregon and South Dakota.
- Mental Health Consultation Community.

To join one of these communities, register at <http://www.123contactform.com/form-2230355/My-Peers>.

Once registered, you will be able to join new communities to meet your specific needs.

Please watch your email for announcements from the National Centers or others as they initiate new communities.



Register for  
**P MyPeers**



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The National Center on Early Childhood Health and Wellness welcomes your feedback on this newsletter issue, as well as your suggestions for topics for future issues. Please forward your comments to The National Center on Early Childhood Health and Wellness Feedback [health@ecetta.info](mailto:health@ecetta.info) or call 888-227-5125.

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***School readiness begins with health!***